

# Preparing Instant Mashed Potatoes

Vegetables

I-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
POTATO FLAKES: Boiling water		1 gal 2 cups		2 1/4 gal	1. Pour liquids into large bowl.
Reconstituted warm nonfat dry milk		1 1/2 qt		3 qt	
Potato flakes	2 lb 1 oz		4 lb 2 oz		2. Add instant potato flakes, butter or margarine, and salt to liquids.
Butter or margarine	6 oz	3/4 cup	12 oz	1 1/2 cups	
Salt		1 Tbsp		2 Tbsp	3. Stir 1/2 minute to moisten potatoes. Stir an additional 1/2 minute to fluff. Avoid overmixing. (Use of mixer is not recommended.) 4. CCP Hold for hot service at 140 degrees F or higher.
POTATO GRANULES: Boiling water		3 1/2 qt		1 3/4 gal	1. Pour liquids into mixer bowl.
Reconstituted warm nonfat dry milk		1 qt 3/4 cups		2 qt 1 1/2 cups	
Potato granules	2 lb 1 oz		4 lb 2 oz		2. Add instant potato granules, butter or margarine, and salt to liquids.
Butter or margarine	6 oz	3/4 cup	12 oz	1 1/2 cups	
Salt		1 Tbsp		2 Tbsp	3. Mix 1/2 minute to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.) 4. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 1/2 cup of vegetable	<b>50 Servings:</b> about 1 1/2 gal	<b>50 Servings:</b>
	<b>100 Servings:</b> about 3 gal	<b>100 Servings:</b>

## Special Tips:

Since the starch content of potatoes can differ, adjustment of the liquid may be necessary. Increase or decrease the quantity of liquid as needed for a fluffy product.

# Baked Beans (Using Canned Vegetarian Beans)

Meat Alternate or Vegetable

Vegetables

I-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned vegetarian beans	14 lb 10 oz	1 gal 2 1/2 qt	29 lb 4 oz	4 1/4 No. 10 cans	1. Pour 14 lb 10 oz (1 gal 2 1/2 qt) canned vegetarian beans into each steam table pan(12" x20" x4"). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Dehydrated onions OR	2 3/4 oz	3/4 cup	5 1/4 oz	1 1/2 cups	2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend well.
*Fresh onions, chopped	1 lb 8 oz	1 qt	3 lb	2 qt	
Molasses	11 oz	1 cup	1 lb 6 oz	2 cups	
Dry mustard		2 Tbsp		1/4 cup	
Brown sugar, packed	3 3/4 oz	1/2 cup	7 1/2 oz	1 cup	
Water		2 cups		1 qt	
Tomato paste	9 1/2 oz	1 cup	1 lb 2 1/2 oz	2 cups	
Ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 1/4 cups	3. Pour 2 lb 11 oz (1 qt 1 1/4 cups) mixture over beans in each steam table pan. Stir to combine. Cover pans.
					4. CCP Heat to 165 degrees F or higher for 15 seconds.
					Conventional Oven: 350 degrees F, 2 1/4 hours Convection Oven: 325 degrees F, 1 1/4 hours Remove cover during last 1/2 hour of baking to brown the beans.
					5. CCP Hold for hot service at 140 degrees F or higher.
					Portion with 4 oz ladle (1/2 cup).

Comments:

\*See Marketing Guide.

## Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Mature onions

1 lb 11 1/2 oz

3 lb 7 oz

**SERVING:**

**YIELD:**

**VOLUME:**

1/2 cup (4 oz ladle) provides 1/2 cup of cooked dry beans

**50 Servings:** 1 steamtable pan

**50 Servings:**

**100 Servings:** 2 steamtable pans

**100 Servings:**

# Baked Beans (Using Canned Vegetarian Beans)

Nutrients Per Serving					
Calories	151	Saturated Fat		Iron	1mg
Protein	7g	Cholesterol	0mg	Calcium	89mg
Carbohydrate	34g	Vitamin A	36 RE/350 IU	Sodium	533mg
Total Fat	1g	Vitamin C	6.1mg	Dietary Fiber	
Thiamin	.21mg	Riboflavin	.10mg	Niacin	.78mg
Phosphorus	149mg	Potassium	517mg		

# Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, drained	3 lb 5 oz	3/4 No. 10 can	6 lb 10 oz	1 1/2 No. 10 cans	1. Place 3 lb 5 oz (1 qt 3 1/2 cups) sweet potatoes into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Canned unsweetened sliced apples, with juice	2 lb 5 1/2 oz	1 qt 3/4 cup	4 lb 11 oz	3/4 No. 10 can	2. Place 2 lb 5 1/2 oz (1 qt 3/4 cup) apples over sweet potatoes in each pan.
Brown sugar, packed	5 1/2 oz	3/4 cup	11 oz	1 1/2 cups	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	4. Sprinkle 3/4 cup sugar mixture over apples in each pan.
Butter or margarine	2 1/2 oz	1/3 cup	5 1/4 oz	2/3 cup	5. Dot each pan with 1/3 cup butter or margarine.
Water		3/4 cup		1 1/2 cups	6. Add 3/4 cup water to each pan.
					7. CCP Heat to 140 degrees F or higher.  Conventional Oven: 350 degrees F, 25-30 minutes Convection Oven: 300 degrees F, 15-20 minutes
					8. CCP Hold for hot service at 140 degrees F or higher.  Portion 1/4 cup per serving.

SERVING:	YIELD:	VOLUME:
1/4 cup provides 1/4 cup of vegetable and fruit	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pans	<b>100 Servings:</b>

# Baked Sweet Potatoes and Apples

Nutrients Per Serving					
Calories	64	Saturated Fat		Iron	.4mg
Protein	Tr	Cholesterol	3mg	Calcium	9mg
Carbohydrate	13g	Vitamin A	227 RE/1663 IU	Sodium	25mg
Total Fat	1g	Vitamin C	3.1mg	Dietary Fiber	
Thiamin	.01mg	Riboflavin	.02mg	Niacin	.11mg
Phosphorus	10mg	Potassium	85mg		

# Broccoli, Cheese, and Rice Casserole

Meat Alternate-Vegetable-Bread Alternate

Vegetables

I-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked white rice	2 lb 3 oz	1 qt 2 1/4 cups	4 lb 6 oz	3 qt 1/2 cup	1. Combine rice, broccoli, undiluted soup, milk, cheese, onions, garlic powder, pepper, and oregano (optional).
Frozen chopped broccoli, thawed, drained	5 lb	1 gal 2 3/4 qt	10 lb	3 1/2 gal	
Condensed cream of mushroom soup	1 lb 9 oz	1/2 No. 3 cyl	3 lb 2 oz	1 No. 3 cyl	
Reconstituted nonfat dry milk		3 cups		1 1/2 qt	
Process American or cheddar cheese, shredded	1 lb 9 oz	1 qt 3 1/4 cups	3 lb 2 oz	3 qt 2 1/2 cups	
Dehydrated onions OR		1/4 cup		1/2 cup	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 3/4 cups	
Garlic powder		1 1/2 tsp		1 Tbsp	
Black or white pepper		1 tsp		2 tsp	
Flaked oregano (optional)		1 1/2 tsp		1 Tbsp	
					2. Pour 11 lb 8 oz (1 1/4 gal) mixture into each steam table pan (12" x20" x 2 1/2"), which has been lightly greased. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Butter or margarine melted (optional)	2 oz	1/4 cup	4 oz	1/2 cup	3. Optional topping: Combine butter or margarine and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 8 oz (1 2/3 cups) per pan.
Bread crumbs, dry (optional)	6 oz	1 1/2 cups 2 Tbsp	12 oz	3 1/4 cups	4. CCP Heat to 140 degrees F or higher.  OR, if using previously cooked and chilled rice:  CCP Heat to 165 degrees F or higher for at least 15 seconds.  Conventional Oven: 350 degrees F, 30 minutes Convection Oven: 300 degrees F, 20 minutes DO NOT OVERBAKE. Plan to serve immediately.
					5. CCP Hold for hot service at 140 degrees F or higher.  Portion with No. 12 scoop (1/3 cup).

# Broccoli, Cheese, and Rice Casserole

Comments:  
\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
White rice	11 1/2 oz	1 lb 6 1/2 oz
Mature onions	9 1/4 oz	1 lb 2 1/2 oz

SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1/2 oz of cheese, 1/4 cup of vegetable, and 1/4 serving of bread alternate	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pans	<b>100 Servings:</b>

Nutrients Per Serving			
<b>Calories</b>	112	<b>Saturated Fat</b>	<b>Iron</b> .8mg
<b>Protein</b>	6g	<b>Cholesterol</b> 15mg	<b>Calcium</b> 154mg
<b>Carbohydrate</b>	9g	<b>Vitamin A</b> 137 RE/1090 IU	<b>Sodium</b> 222mg
<b>Total Fat</b>	6g	<b>Vitamin C</b> 22.2mg	<b>Dietary Fiber</b>
<b>Thiamin</b>	.06mg	<b>Riboflavin</b> .13mg	<b>Niacin</b> .46mg
<b>Phosphorus</b>	122mg	<b>Potassium</b> 160mg	

# Chinese Style Vegetables

Vegetable

Vegetables

I-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	6 lb 4 oz		12 lb 8 oz		1. Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh.) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in Step 3. Clean, slice, and cut vegetables into bite-size pieces.
GROUP A Broccoli Carrots Cauliflower Celery Onions					
GROUP B Cabbage Green beans					
Green peas Yellow summer squash					
Zucchini					
Optional vegetables Beans sprouts Snow peas					
Red or green peppers Pimientos					
Water chestnuts					
Water		1/2 cup		1 cup	2. Combine water, soy sauce, and garlic powder. Set aside for Step 6.
Soy sauce		1/4 cup		1/2 cup	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Vegetable oil		1/2 cup		1 cup	3. Heat oil in steam-jacketed kettle.
Black pepper		1/2 tsp		1 tsp	4. Add pepper to oil and stir.
					5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
					6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

# Chinese Style Vegetables

Vegetable

Vegetables

I-09

	<p>7. Cover, lower heat, and steam for 2-3 minutes. VEGETABLES SHOULD NOT BE OVERCOOKED as they will continue to cook on the steam table.</p> <p>CCP Heat to 140 degrees F or higher.</p>
	<p>8. Pour into serving pans.</p> <p>9. CCP Hold for hot service at 140 degrees F or higher.</p> <p>Portion 1/4 cup per serving.</p>

**Comments:**

Equal amount of fresh broccoli, carrots, cabbage, green pepper, celery, onion, and canned bean sprouts are used in the nutrient calculation.

SERVING:	YIELD:	VOLUME:
1/4 cup provides 1/4 cup of vegetable	<b>50 Servings:</b> about 3 3/4 qt <b>100 Servings:</b> about 2 gal	<b>50 Servings:</b> <b>100 Servings:</b>

Nutrients Per Serving			
<b>Calories</b>	37	<b>Saturated Fat</b>	<b>Iron</b> .5mg
<b>Protein</b>	1g	<b>Cholesterol</b> 0mg	<b>Calcium</b> 18mg
<b>Carbohydrate</b>	4g	<b>Vitamin A</b> 247 RE/2345 IU	<b>Sodium</b> 121mg
<b>Total Fat</b>	2g	<b>Vitamin C</b> 18.6mg	<b>Dietary Fiber</b>
<b>Thiamin</b>	.03mg	<b>Riboflavin</b> .03mg	<b>Niacin</b> .20mg
<b>Phosphorus</b>	23mg	<b>Potassium</b> 143mg	

# Corn Pudding

Meat Alternate-Vegetable

Vegetables

I-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reconstituted nonfat dry milk		2 cups		1 qt	1. Combine milk, flour, eggs, butter or margarine, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix for 3 minutes on low speed.
All-purpose flour	11 oz	2 1/2 cups	1 lb 6 oz	1 1/4 qt	
Large eggs, beaten (see Special Tip)	1 lb 7 oz	13	2 lb 12 oz	25	
Butter or margarine, melted	4 oz	1/2 cup	8 oz	1 cup	
Sugar		2 Tbsp		1/4 cup	
Black or white pepper		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	
Canned whole-kernel corn, drained	2 lb 3 oz	1/2 No. 10 can	4 lb 6 oz	1 No. 10 can	2. Add whole-kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.
Canned cream style corn	4 lb 2 oz	1 qt 3 1/4 cups	8 lb 4 oz	1 1/4 No. 10 cans	
Dehydrated onions (optional)		1/3 cup	2 1/4 oz	2/3 cup	3. Pour 9 lb 9 oz (1 gal 2 cups) into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
					4. CCP Heat to 145 degrees F or higher for 3 minutes.
					Conventional Oven: 375 degrees F, 50-60 minutes Convection Oven: 325 degrees F, 30-40 minutes
					5. CCP Hold for hot service at 140 degrees F or higher.
					Cut each pan 5 x10 (50 pieces per pan).

SERVING:	YIELD:	VOLUME:
1 piece provides 1/4 large egg and 1/ cup of vegetable	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pans	<b>100 Servings:</b>

Special Tip:

50 servings: Use 6 1/2 oz (2 1/4 cups) dried whole eggs and 2 1/4 cups water in place of shell eggs.

100 servings: Use 12 1/2 oz (1 qt 1/4 cup) dried whole eggs and 1 qt 1/4 cup

# Corn Pudding

water in place of shell eggs.

Nutrients Per Serving			
Calories	108	Saturated Fat	
Protein	4g	Cholesterol	74mg
Carbohydrate	16g	Vitamin A	44 RE/199 IU
Total Fat	4g	Vitamin C	2.6mg
Thiamin	.07mg	Riboflavin	.10mg
Phosphorus	70mg	Potassium	130mg
		Iron	.8mg
		Calcium	23mg
		Sodium	212mg
		Dietary Fiber	
		Niacin	.76mg

# Green Beans in Cheese Sauce

Meat Alternate-Vegetable

Vegetables

I-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reconstituted nonfat dry milk		1 1/2 cups		3 cups	1. Combine milk, cheese, butter or margarine, onion powder, garlic powder, dry mustard, thyme, and pepper. Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes.
Process American cheese, shredded	1 lb 9 1/2 oz	1 3/4 qt	3 lb 3 oz	3 1/2 qt	
Butter or margarine	2 oz	1/4 cup	4 oz	1/2 cup	2. Add green beans and stir gently. Cook over low heat. CCP Heat to 140 degrees F or higher. 3. Pour into serving pans. 4. CCP Hold for hot service at 140 degrees F or higher. Portion with No. 16 scoop (1/4 cup).
Onion powder		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	
Dry mustard		1 tsp		2 tsp	
Flaked thyme		1/2 tsp		1 tsp	
Black or white pepper		1 tsp		2 tsp	
Canned cut green beans, drained	4 lb 11 oz	1 1/4 No. 10 cans	9 lb 6 oz	2 1/2 No. 10 cans	

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/2 oz of cheese and 1/4 cup of vegetable	<b>50 Servings:</b> about 3 1/2 qt <b>100 Servings:</b> about 1 1/2 gal	<b>50 Servings:</b> <b>100 Servings:</b>

# Green Beans in Cheese Sauce

Nutrients Per Serving					
Calories	74	Saturated Fat		Iron	.5mg
Protein	4g	Cholesterol	16mg	Calcium	110mg
Carbohydrate	3g	Vitamin A	66 RE/351 IU	Sodium	327mg
Total Fat	6g	Vitamin C	1.6mg	Dietary Fiber	
Thiamin	.01mg	Riboflavin	.08mg	Niacin	.07mg
Phosphorus	124mg	Potassium	85mg		

# Mexicali Corn

Vegetable

Vegetables

I-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole-kernel corn OR	6 lb 10 oz	1 No. 10 can	13 lb 4 oz	2 No. 10 cans	1. Prepare corn: A. Canned corn: To steam: Drain and discard approximately 2 cups of the liquid from each can. Place corn, green pepper, and onions in steam table pan (12" x20" x2 1/2"). Stir to combine. Heat uncovered in steamer at 5 lb pressure 4-8 minutes, until heated through.
Frozen whole-kernel corn	4 lb 3 oz	3 qt	8 lb 6 oz	1 1/2 gal	OR To heat: Drain and discard half the liquid from each can. Place corn with remaining liquid, green pepper, and onions in stockpot or steam-jacketed kettle. Stir to combine. Heat, uncovered.  CCP Heat to 140 degrees F or higher.  Drain. Pour into serving pans.
*Green pepper, finely chopped	5 1/4 oz	1 cup	10 1/2 oz	2 cups	B. Frozen corn: To steam: Place corn, green pepper, and onions in steam table pan (12" x20" x2 1/2"). Stir to combine. Heat, uncovered in steamer at 5 lb pressure 9-13 minutes.  CCP Heat to 140 degrees F or higher.
Dehydrated onions OR		1/4 cup		1/2 cup	OR To cook: Place corn, green pepper, and onions in stockpot or steam-jacketed kettle. For 50 servings, add 2 cups water. For 100 servings, add 1 qt water. Bring water to boil. Reduce heat and simmer, uncovered.  CCP Heat to 140 degrees F or higher.  Drain. Pour into serving pans.
*Fresh onions, chopped	4 1/2 oz	3/4 cup	9 oz	1 1/2 cups	
Pimientos, chopped	2 1/2 oz	1/3 cup	5 1/4 oz	2/3 cup	2. Add pimientos, butter or margarine, and seasonings. Stir lightly.
Butter or margarine	2 oz	1/4 cup	4 oz	1/2 cup	
#Chili powder		1 1/4 tsp		2 1/2 tsp	
#Ground cumin		3/4 tsp		1 1/2 tsp	
#Paprika		1/2 tsp		1 tsp	
#Onion powder		1/2 tsp		1 tsp	CCP Hold for hot service at 140 degrees F or higher.

# Mexicali Corn

3. Portion with No. 16 scoop (1/4 cup).

Comments:  
\*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 2 Tbsp Mexican Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Green peppers	6 3/4 oz	13 1/2 oz
Mature onions	5 1/4 oz	10 1/2 oz

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable	<b>50 Servings:</b> about 3 1/4 qt	<b>50 Servings:</b>
	<b>100 Servings:</b> about 1 1/2 gal	<b>100 Servings:</b>

Nutrients Per Serving					
<b>Calories</b>	59	<b>Saturated Fat</b>		<b>Iron</b>	.6mg
<b>Protein</b>	2g	<b>Cholesterol</b>	2mg	<b>Calcium</b>	5mg
<b>Carbohydrate</b>	12g	<b>Vitamin A</b>	18 RE/208 IU	<b>Sodium</b>	205mg
<b>Total Fat</b>	2g	<b>Vitamin C</b>	8mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.02mg	<b>Riboflavin</b>	.04mg	<b>Niacin</b>	.53mg
<b>Phosphorus</b>	42mg	<b>Potassium</b>	134mg		

# Orange Glazed Sweet Potatoes

Vegetable

Vegetables

I-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, with light syrup	8 lb 7 oz	1 1/4 No. 10 cans	16 lb 14 oz	2 1/2 No. 10 cans	1. Drain sweet potatoes, reserving liquid. For 50 servings, reserve 1 cup liquid. For 100 servings, reserve 2 cups liquid. Set liquid aside for step 3.
					2. Place 5 lb 9 oz (3 1/2 qt) sweet potatoes into each steam table pan (12" x20" x2 1/2"). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	3. For glaze: Combine butter or margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
Brown sugar, packed	5 1/4 oz	1/2 cup 3 Tbsp	10 1/2 oz	1 1/4 cups 2 Tbsp	
Undiluted frozen orange juice concentrate	7 oz	3/4 cup	14 oz	1 1/2 cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	4. Bring to boil. Remove from heat. Add raisins (optional).
					5. Pour 2 3/4 cups glaze over each pan of sweet potatoes.
					CCP Heat to 140 degrees F or higher.
					Conventional Oven: 375 degrees F, 20-30 minutes Convection Oven: 325 degrees F, 15-20 minutes
					6. CCP Hold for hot service at 140 degrees F or higher.
					Portion 1/4 cup per serving.

SERVING:	YIELD:	VOLUME:
1/4 cup provides 1/4 cup of vegetable	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pans	<b>100 Servings:</b>

# Orange Glazed Sweet Potatoes

Vegetable

Vegetables

I-13

Nutrients Per Serving					
Calories	102	Saturated Fat		Iron	.8mg
Protein	1g	Cholesterol	5mg	Calcium	16mg
Carbohydrate	20g	Vitamin A	456 RE/3361 IU	Sodium	53mg
Total Fat	2g	Vitamin C	11.6mg	Dietary Fiber	
Thiamin	.03mg	Riboflavin	.04mg	Niacin	.28mg
Phosphorus	24mg	Potassium	180mg		

# Orange Glazed Carrots

Vegetable

Vegetables

I-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots	5 lb 5 oz	1 1/4 No. 10 cans	10 lb 10 oz	2 1/2 No. 10 cans	1. Drain sliced carrots.
					2. Place 5 lb 9 oz (3 1/2 qt) carrots into each steam table pan (12" x20" x2 1/2 "). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	3. For glaze: Combine butter or margarine, brown sugar, undiluted orange juice concentrate, nutmeg (optional), and cinnamon. Mix water and cornstarch, add to glaze. Stir to blend.
Brown sugar, packed	5 1/4 oz	1/2 cup 3 Tbsp	10 1/2 oz	1 1/4 cups 2 Tbsp	
Undiluted frozen orange juice concentrate	7 oz	3/4 cup	14 oz	1 1/2 cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Water		1 cup		2 cups	
Cornstarch		2 Tbsp 2 tsp		1/3 cup	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	4. Bring to boil. Remove from heat. Add raisins (optional).
					5. Pour 2 3/4 cups glaze over each pan of carrots.
					CCP Heat to 140 degrees F or higher.
					Conventional Oven: 375 degrees F, 20-30 minutes Convection Oven: 325 degrees F, 15-20 minutes
					6. CCP Hold for hot service at 140 degrees F or higher.
					Portion 1/4 cup per serving.

SERVING:	YIELD:	VOLUME:
1/4 cup provides 1/4 cup of vegetable	<b>50 Servings:</b> 1 steamtable pan	<b>50 Servings:</b>
	<b>100 Servings:</b> 2 steamtable pans	<b>100 Servings:</b>

# Potatoes Au Gratin-With Dehydrated Sliced Potatoes

Meat Alternate-Vegetable

Vegetables

I-14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated sliced potatoes	2 lb 1 oz	1 1/4 gal	4 lb 2 oz	2 1/2 gal	1. Place 1 lb (2 qt 1 2/3 cups) potatoes into each lightly oiled steam table pan (12" x20" x2 1/2"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
Dehydrated onions OR	2 oz	1/2 cup 1 Tbsp	4 oz	1 cup 2 Tbsp	2. Sprinkle onions evenly over potatoes. For dehydrated onions, use 1 oz (1/4 cup 1 1/2 tsp) per pan. For fresh onions, use 8 oz (1 1/4 cups 1 Tbsp) per pan.
*Fresh onions, chopped	1 lb	2 3/4 cups	2 lb	1 qt 1 1/4 cups	
Water		1 gal 2 1/2 qt		3 1/4 gal	3. Heat water to rolling boil. Remove from heat.
All-purpose flour	5 oz	1 cup 2 Tbsp	10 oz	2 1/4 cups	4. Combine flour, dry milk, salt, and pepper. Add slowly to boiling water while whipping until smooth.
Noninstant, nonfat dry milk OR	1 lb	3 1/2 cups	2 lb	1 qt 2 3/4 cups	
Instant nonfat dry milk	1 lb	1 qt 2 3/4 cups	2 lb	3 qt 1 1/2 cups	
Salt		1 1/2 tsp		1 Tbsp	
Black or white pepper		1 tsp		2 tsp	
Process American cheese, shredded	1 lb 10 oz	1 3/4 qt	3 lb 4 oz	3 1/2 qt	5. Add cheese to sauce and whip until well blended.
					6. Pour 1 gal cheese sauce over each pan. Stir to combine.
Butter or margarine, melted (optional)	4 oz	1/2 cup	8 oz	1 cup	7. Optional topping: Combine butter or margarine and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 8 oz (1 2/3 cups) per pan.
Bread crumbs, dry (optional)	12 oz	3 1/4 cups	1 lb 8 oz	1 qt 2 1/4 cups	8. CCP Heat to 140 degrees F or higher.  Product should be evenly golden brown on top: Conventional Oven: 350 degrees F, 45 minutes-1 hour Convection Oven: 300 degrees F, 35-45 minutes
					9. CCP Hold for hot service at 140 degrees F or higher.  Portion with No. 8 scoop (1/2 cup).

Comments:

\*See Marketing Guide.

## Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Mature onions

1 lb 2 1/2 oz

2 lb 4 1/2 oz

# Potatoes Au Gratin-With Dehydrated Sliced Potatoes

Meat Alternate-Vegetable

Vegetables

I-14

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 1/2 oz of cheese and 3/8 cup of vegetable	<b>50 Servings:</b> 2 steamtable pans	<b>50 Servings:</b>
	<b>100 Servings:</b> 4 steamtable pans	<b>100 Servings:</b>

Nutrients Per Serving					
<b>Calories</b>	171	<b>Saturated Fat</b>		<b>Iron</b>	.5mg
<b>Protein</b>	8g	<b>Cholesterol</b>	16mg	<b>Calcium</b>	220mg
<b>Carbohydrate</b>	24g	<b>Vitamin A</b>	44 RE/182 IU	<b>Sodium</b>	350mg
<b>Total Fat</b>	5g	<b>Vitamin C</b>	7.5mg	<b>Dietary Fiber</b>	
<b>Thiamin</b>	.06mg	<b>Riboflavin</b>	.24mg	<b>Niacin</b>	1.08mg
<b>Phosphorus</b>	236mg	<b>Potassium</b>	377mg		

# Refried Beans

Meat Alternate or Vegetable

Vegetables

I-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained OR	7 lb 3 oz	1 1/4 No. 10 cans	14 lb 6 oz	2 1/2 No. 10 cans	1. Place beans, stock, oil, and seasonings (optional) in mixer. Blend on medium speed for 3-5 minutes until smooth or to desired consistency.
*Cooked dry pinto beans, drained (see Special Tip)	4 lb 13 oz	3 1/4 qt	9 lb 10 oz	1 gal 2 1/2 qt	
Chicken or bean stock		1 cup		2 cups	2. Pour approximately 3 1/2 qt mixture into each steam table pan (12" x20" x2 1/2"), which has been lightly oiled. For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Vegetable oil		1/2 cup		1 cup	
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
					3. CCP Heat to 140 degrees F or higher.
					OR, if using previously cooked and chilled beans or stock:
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
					Conventional Oven: 350 degrees F, 30 minutes Convection Oven: 300 degrees F, 20 minutes
Cheddar cheese, shredded	11 oz	3 1/4 cups	1 lb 6 oz	1 qt 2 1/4 cups	4. Sprinkle 11 oz (3 1/4 cups) cheese over each pan.
					5. CCP Hold for hot service at 140 degrees F or higher.
					Portion with No. 16 scoop (1/4 cup).

Comments:

\*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1/2 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix.

## Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Pinto beans, dry

2 lb 1/2 oz

4 lb 1 oz

# Refried Beans

Meat Alternate or Vegetable

Vegetables

I-15

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of cooked dry beans	<b>50 Servings:</b> 1 steamtable pan <b>100 Servings:</b> 2 steamtable pans	<b>50 Servings:</b> <b>100 Servings:</b>

Special Tips:  
SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator

Quick-soak method: Boil 1 3/4 qt of water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,  
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:  
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.

CCP Cool to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F within 4 additional hours.

1 lb dry beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

# Refried Beans

Nutrients Per Serving					
Calories	104	Saturated Fat	Iron	1.2mg	
Protein	5g	Cholesterol	6mg	Calcium	64mg
Carbohydrate	11g	Vitamin A	19 RE/70 IU	Sodium	70mg
Total Fat	4g	Vitamin C	0mg	Dietary Fiber	
Thiamin	.03mg	Riboflavin	.05mg	Niacin	.26mg
Phosphorus	103mg	Potassium	179mg		

# Scalloped Potatoes-With Dehydrated Sliced Potatoes

Vegetable

Vegetables

I-16

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated sliced potatoes	2 lb 4 oz	1 gal 1 1/2 qt	4 lb 8 oz	2 3/4 gal	1. Rehydrate potatoes according to package instructions or cover potatoes with hot tap water. Let stand for 5 minutes. Drain well.
					2. Place 2 lb 10 oz (3 qt) potatoes into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. Set aside for step 6.
Butter or margarine	6 oz	3/4 cup	12 oz	1 1/2 cups	3. Melt butter or margarine. Add onions and cook over medium heat for 5-10 minutes.
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	14 oz	2 1/4	1 lb 12 oz	1 qt 3/4 cup	
All-purpose flour	6 3/4 oz	1 1/2 cups	13 1/2 oz	3 cups	4. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
Reconstituted nonfat dry milk		1 1/2 gal		3 gal	5. Slowly stir in milk, salt, pepper, and parsley flakes (optional). Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
Salt		2 Tbsp		1/4 cup	
Black or white pepper		1 1/2 tsp		1 Tbsp	
Parsley flakes (optional)		1/2 cup		1 cup	
					6. Pour 3 qt liquid mixture over potatoes in each pan. Stir to combine.
Butter or margarine, melted (optional)	4 oz	1/2 cup	8 oz	1 cup	7. Optional topping: Combine butter or margarine and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 8 oz (1 2/3 cups) per pan.
Bread crumbs, dry (optional)	12 oz	3 1/4 cups	1 lb 8 oz	1 qt 2 1/4 cups	8. CCP Heat to 140 degrees F or higher.
					Product should be evenly golden brown on top: Conventional Oven: 350 degrees, 45-60 minutes Convection Oven: 300 degrees, 35-45 minutes
					9. Hold for 30 minutes on a 180-190 degrees F steam table to allow sufficient time for mixture to set up properly.
					CCP Hold for hot service at 140 degrees F or higher.
					Portion with No. 8 scoop (1/2 cup).

# Scalloped Potatoes-With Dehydrated Sliced Potatoes

Vegetable

Vegetables

I-16

Comments:  
\*See Marketing Guide.

## Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Mature onions

1 lb

2 lb

## SERVING:

1/2 cup provides 1/2 cup of vegetable

## YIELD:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

## VOLUME:

**50 Servings:**

**100 Servings:**

## Nutrients Per Serving

**Calories** 160

**Protein** 6g

**Carbohydrate** 27g

**Total Fat** 3g

**Thiamin** .08mg

**Phosphorus** 158mg

**Saturated Fat**

**Cholesterol** 10mg

**Vitamin A** 27 RE/108 IU

**Vitamin C** 8.2mg

**Riboflavin** .24mg

**Potassium** 419mg

**Iron** .6mg

**Calcium** 168mg

**Sodium** 397mg

**Dietary Fiber**

**Niacin** 1.22mg

# Scalloped Potatoes (Using Fresh Potatoes)

Vegetable

Vegetables

I-16A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Potatoes	8 lb 2 oz	1 1/2 gal	16 lb 4 oz	3 gal	1. Peel and thinly slice fresh potatoes.
					2. Place 4 lb 1 oz (3 qt) potatoes into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. Set aside for step 6.
Butter or margarine	6 oz	3/4 cup	12 oz	1 1/2 cups	3. Melt butter or margarine. Add onions and cook over medium heat for 5-10 minutes.
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	14 oz	2 1/4	1 lb 12 oz	1 qt 3/4 cup	
All-purpose flour	6 3/4 oz	1 1/2 cups	13 1/2 oz	3 cups	4. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
Reconstituted nonfat dry milk		1 gal		2 gal	5. Slowly stir in milk, salt, pepper, and parsley flakes (optional). Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
Salt		2 Tbsp		1/4 cup	
Black or white pepper		1 1/2 tsp		1 Tbsp	
Parsley flakes (optional)		1/2 cup		1 cup	
					6. Pour 2 1/4 qt liquid mixture over potatoes in each pan. Stir to combine.
Butter or margarine, melted (optional)	4 oz	1/2 cup	8 oz	1 cup	7. Optional topping: Combine butter or margarine and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 8 oz (1 2/3 cups) per pan.
Bread crumbs, dry (optional)	12 oz	3 1/4 cups	1 lb 8 oz	1 qt 2 1/4 cups	8. CCP Heat to 140 degrees F or higher.
					Product should be evenly golden brown on top: Conventional Oven: 350 degrees, 50-65 minutes Convection Oven: 300 degrees, 40-50 minutes
					9. Hold for 30 minutes on a 180-190 degrees F steam table to allow sufficient time for mixture to set up properly.
					10. CCP Hold for hot service at 140 degrees F or higher.
					Portion with No. 8 scoop (1/2 cup).

# Scalloped Potatoes (Using Fresh Potatoes)

Comments:  
\*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Potatoes	10 lb	20 lb
Mature onions	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
1/2 cup provides 1/2 cup of vegetable	<b>50 Servings:</b> 2 steamtable pans	<b>50 Servings:</b>
	<b>100 Servings:</b> 4 steamtable pans	<b>100 Servings:</b>

# Quick Baked Potatoes

Vegetable

Vegetables

I-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Baking potatoes, 80-count	15 lb 8 oz	25 (80-count)	31 lb	50 (80-count)	1. Wash potatoes and cut in half lengthwise, skin on.
Garlic salt		1/2 tsp		1 tsp	2. Mix spices and place in spice shaker.
Celery salt		1/2 tsp		1 tsp	
White pepper		1/2 tsp		1 tsp	
Black pepper		1/2 tsp		1 tsp	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		1 tsp		2 tsp	
Vegetable oil		1/2 cup		1 cup	3. Spread 2 Tbsp (1 oz) of oil in each 12" x20" x2 1/2" steam table pan.
					4. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up.
					5. Sprinkle spice mixture over potatoes.
					6. Turn potatoes cut-side down for browning.
					7. CCP Heat to 140 degrees F or higher.
					To Bake: Conventional Oven: 450 degrees F, 25-30 minutes Convection Oven: 425 degrees F, 20-25 minutes Bake until the surface is golden-brown.
					8. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1/2 potato, with skin provides 5/8 cup of vegetable	<b>50 Servings:</b> 50 half-potatoes	<b>50 Servings:</b>
	<b>100 Servings:</b> 100 half-potatoes	<b>100 Servings:</b>

# Quick Baked Potatoes

Nutrients Per Serving					
Calories	143	Saturated Fat	.4g	Iron	1.6mg
Protein	3g	Cholesterol	0mg	Calcium	12mg
Carbohydrate	29g	Vitamin A	11 RE/112 IU	Sodium	88mg
Total Fat	2.3g	Vitamin C	15mg	Dietary Fiber	3g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

# Herbed Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	8 oz	1 cup	1 lb	2 cups.	1. Heat margarine or butter in a stock pot until browned.
Lemon juice		1/4 cup		1/2 cup	2. Turn off heat and add lemon juice.
*Onions, 1/4" diced OR	5 oz	1 cup	10 oz	2 cups	3. Add fresh or rehydrated onions, basil, parsley, white pepper, onion, salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside.
#Dried onions		1/4 cup		1/2 cup	
Dried basil leaves		1 Tbsp		2 Tbsp	
Dried parsley		2 Tbsp		4 Tbsp	
White pepper		1/2 tsp		1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Parmesan cheese, grated	4 oz	3/4 cup	8 oz	1 1/2 cups	
Dry bread crumbs	10 oz	2 cups	1 lb 4 oz	1 qt	
Frozen broccoli spears	6 lb 4 oz		12 lb 8 oz		4. Place broccoli and cauliflower in separate 12" x20" x2 1/2" steam table pans. Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender.
					CCP Heat to 140 degrees F or higher.
					Drain water from pans.
Frozen cauliflower	6 lb 4 oz		12 lb 8 oz		5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each 12" x 20" x 2 1/2" steam table pan.
					6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving.
					7. CCP Hold for hot service at 140 degrees F or higher.
					Each pan serves 25.

Comments:

\*See Marketing Guide.

#Rehydrate onions in an equal amount of water. Do not drain.

## Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Onions

5 1/2 oz

11 oz

# Herbed Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-18

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 1/2 cup of vegetable	<b>50 Servings:</b> 12 lb 11 oz	<b>50 Servings:</b>
	<b>100 Servings:</b> 25 lb 6 oz	<b>100 Servings:</b>

Special Tip:

For best results, use perforated pans to steam vegetables.

Nutrients Per Serving					
<b>Calories</b>	97	<b>Saturated Fat</b>	1.3g	<b>Iron</b>	1.1mg
<b>Protein</b>	5g	<b>Cholesterol</b>	2mg	<b>Calcium</b>	82mg
<b>Carbohydrate</b>	10g	<b>Vitamin A</b>	125 RE/927 IU	<b>Sodium</b>	216mg
<b>Total Fat</b>	5g	<b>Vitamin C</b>	54mg	<b>Dietary Fiber</b>	3g
<b>Thiamin</b>		<b>Riboflavin</b>		<b>Niacin</b>	
<b>Phosphorus</b>		<b>Potassium</b>			

# Corn and Green Bean Casserole

Vegetable

Vegetables

I-19

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat mayonnaise	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup	1. In a large bowl, mix the lowfat mayonnaise, lowfat cheddar cheese, celery, and onions (optional).
Lowfat cheddar cheese, shredded	6 oz	1 1/2 cups	12 oz	3 cups	
*Fresh celery, chopped	1 lb	1 qt	2 lb	2 qt	2. Place 5 lb of corn and 5 lb of green beans in a steam table pan (12" x20" x2 1/2"). Add 2 qt of mayonnaise mixture to vegetables and mix thoroughly.
*Onions, chopped (optional)	8 oz	1 1/4 cups	1 lb	2 1/2 cups	
Frozen corn, thawed	5 lb	3 qt 2 cups	10 lb	1 gal 3 qt	
Frozen French-cut green beans, thawed	5 lb	1 gal 1 1/2 cups	10 lb	2 gal 3 cups	3. Mix bread crumbs with melted margarine. Sprinkle 1 qt 1 cup of the bread crumb mixture on top of each steam table pan.
Soft bread crumbs	1 lb	2 qt 2 cups	2 lb	1 gal 1 qt	
Margarine or butter, melted	4 oz	1/2 cup	8 oz	1 cup	4. CCP Heat to 140 degrees F or higher.
					Convectional Oven: 350 degrees F, 40 minutes Convection Oven: 350 degrees F, 30 minutes Bake until golden brown
					5. Cut each steam table pan into 5 x10 cuts for 50 servings.
					CCP Hold for hot service at 140 degrees F or higher.

Comments:

\*See Marketing Guide.

## Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Celery	1 lb 4 oz	2 lb 8 oz
Onions	10 oz	1 lb 3 oz

SERVING:	YIELD:	VOLUME:
1/2 cup provides 1/2 cup of vegetable	<b>50 Servings:</b> 15 lb 3 oz	<b>50 Servings:</b>
	<b>100 Servings:</b> 30 lb 6 oz	<b>100 Servings:</b>

# Corn and Green Bean Casserole

Special Tip:  
For best results, thaw vegetables overnight in a refrigerator.

Nutrients Per Serving					
Calories	129	Saturated Fat	1g	Iron	.9mg
Protein	4g	Cholesterol	4mg	Calcium	49mg
Carbohydrate	20g	Vitamin A	52 RE/357 IU	Sodium	158mg
Total Fat	5g	Vitamin C	8mg	Dietary Fiber	3g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			